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Feb. 2011

The Mountain Yodeler

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Lake Hughes, CA

Feb. 1, 2011

Volume 11 No. 2

Serving Lake Hughes, Elizabeth Lake, Leona Valley, Green Valley, Three Points and Neenach

Distribution: 2,500

Traffic Light Proposed for Leona Valley

The proposed Valley Vineyards housing development is tentatively on the Wednesday, March 2 Regional Planning calendar.

Leona Valley Town Council has been advised that this is an "insist" hearing, meaning the developer has insisted on it even though there are still differences between the developer's proposals and Regional Planning requirements.

"Insist" hearings are sometimes called when a developer wants to move a project along without the full approval of the county planning staff.

Valley Vineyards will prepare a report for the Regional Planning Commissioners to consider at the hearing. This report is posted on the Leona Valley website: <http://leona-valleytowncouncil.org/default.aspx>

The Regional Planning commissioners can approve Valley Vineyards' proposals even though the professional staff at Regional Planning disagrees. For more information on the Regional Planning process, go to http://planning.lacounty.gov/assets/upl/agenda/pdm_20110113-handout3.pdf

The Town Council needs to hear from all those residents who would like to be involved. One of the changes affecting all residents of Leona Valley, visitors and commuters will be a traffic signal at the intersection of Bouquet Canyon Road and Elizabeth Lake Road.

You can contact Bill Elliott, Peggy Fuller, Rich Thomas, or Alice Wolman (contact information is available on the Leona Valley Town Council website (address above))



Supervisor Antonovich dedicated HELUS's new water well on Monday, January 10, and unveiled a decorative tile mural created by the PTA. Left to right: School board members Melanie Dohn and Lola Skelton-Mantooth; Supervisor Michael Antonovich, school board members Mary Wall and John Sharp. Not shown is school board member Zach Mercier. Grossman photo.

Leona Valley / Lake Hughes to thank water rate committee January 29

From Leona Valley website

You are invited to join in a community party to say "Thank You!"

LVIA is Hosting a Community Potluck Party to say Thank You! to the Water Rate Committee for all their hard work in dramatically reducing the CalWater rate hikes for the next three years!

The gathering will take place at the Leona Valley Community Building, 8367 Elizabeth Lake Road, Saturday, January 29, 4 to 7 p.m.

There will be a brief presentation of what the California Public Utilities Commission approved and what might be ahead.

Bring along a dish to share with friends and neighbors.

For more information, contact Jan Clark at 270-9268

Munz Escapees Captured

By Dahlia Grossman, editor/publisher and Norm Judd, senior staff writer

Two juveniles who escaped from Camp Munz on December 14 and burglarized a Pine Canyon home were arrested three days later by the camp's special enforcement team in Los Angeles, according to Randy Herbon, the camp's director.

If convicted, the boys will be moved to a more secure facility and more time will be added to their sentences, according to Herbon.

Herbon told *The Yodeler*, that although some of the residents of Camp Munz have gang backgrounds, none have been convicted of murder or rape. "Usually our guys are first-time offenders," said Herbon. "We don't get a lot of repeat offenders," he said. Many of the residents are serving three-month sentences, according to Herbon. "The court is trying to get their attention," said Herbon. "A nine-month sentence is normally the longest given, although it can be extended," he said. Herbon said many of the boys are sent to Camp Munz for assault and / or vandalism.

Herbon told Lakes Communities residents at a well attended January town council meeting that the teen offenders at the camp are considered "low risk," according to the county's classification system.

When assessing risk, the county looks at the boys' mental health, family history and the crime committed.

The risk level of the boys was downgraded to low risk

See Escapees Captured, page 3

Antonovich Dedicates Well and Wall

By Dahlia Grossman

Editor/publisher

HELUS staff and students had a double cause to celebrate on Monday, January 10, as Supervisor Michael Antonovich unveiled a well and a wall at the Lake Hughes school.

About five months ago, Superintendent/Principal Diane Parkins was informed that the school's water well needed to be replaced. Being a small school with a small budget, HELUS administrators were at a loss as to how to pay for a new well. Parkins appealed to Supervisor Antonovich, who found funds in the county's budget to pay for the new well.

A replica of the well was used for the unveiling ceremony to save staff, students and community members from trudging through the post-storm mud to the actual well. Mrs. Parkins said "I was extremely pleased that Supervisor Antonovich could take time from his busy schedule to come and participate in the well dedication at the school. It was extremely important for us to thank him personally for what he did for our school."

See Antonovich, page 2

THE MOUNTAIN YODELER

Deadline for ads, payments and articles for the Feb. 1 issue is Jan. 15.

Payments: Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 965-2201 or 724-1293. dahlia.grossman@verizon.net

Antonovich Dedicates Well and Wall (from page 1)

At the same ceremony, Supervisor Antonovich unveiled a decorative tile mural, which covers a portion of the wall surrounding the school's handicap ramp.

The tile mural was the brainchild of PTA Vice President of Fundraising Laura Lockwood. "We were bike riding in Ventura last summer when we came across a beautiful tile wall," said Laura. "I thought it would be a fun, easy fundraiser for the PTA," she said.

Laura felt the decorative tiles would be a great way to beautify the existing wall surrounding the handicap ramp that was installed a few years ago. "This project gave kids a chance to leave a permanent mark on the school," said Laura. Laura kicked off the project last summer, asking anyone who had served the school in any way to paint a tile and become part of the school's legacy.

For a \$25 donation each, students, teachers and supportive residents purchased tiles and painted them at Paint a Dream in the mall. After the

tiles were fired by Paint a Dream, contractor Phil Shephard and tile setter Biff Baker put the mural together and affixed it to the wall. Well known Lake Hughes artist Debbie Campanella painted a likeness of the school mascot in the center of the mural.

So far 100 tiles have been set and the PTA is beginning Phase 2 of tiles for sale starting Jan. 24 through May 15. If you, your club, organization or business has contributed to the well being of HELUS in any way or are a former student and would like to be memorialized on the decorative mural, contact Laura Lockwood at 724-1938.



Supervisor Antonovich gives a toast to the new well that he helped HELUS acquire. With him are four school board members (see page 1) and Principal Diane Parkins. Grossman photos.

Town Council Supports Homeowner

Lakes Town Council voted unanimously to support the efforts of a Lake Hughes man to rebuild his mother's house, which was destroyed by fire about two years ago.

Frederick Maw approached the council in December with his predicament: The lot on which his mother's house had stood was too small to allow for the setbacks required by the Lakes CSDs. He said his intention was merely to replace the cottage that had burned down.

The consensus of the community at the January meeting was that he should be allowed to rebuild. Norm Hickling, deputy to Supervisor Antonovich, said he would inform Regional Planning of the community's support.



Laura Lockwood (standing) and Debbie Campanella celebrate the unveiling of the tile mural at HELUS. See article this page and page 1.

DO YOU HAVE?



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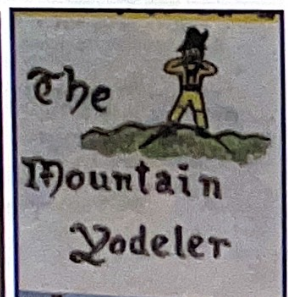
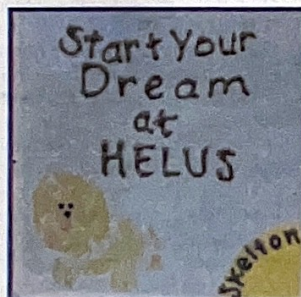
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270-9911



Escapes Captured

from page 1

after a juvenile escaped from the camp in 1983 and murdered Lakes resident Phil Vodon. Vodon, a retired prison custodial officer, and his wife Doris lived next door to the camp.

Lakes resident Roberta Muths vividly recalls the day Phil died: "During coffee at Jackie's Country Kitchen, (now the Lakes & Valleys Art Guild), Phil told me he was armed because of an escape.

After coffee he returned home and apparently walked in on Keith Mosely, 16, who murdered Phil with one of his own guns."

The killer fled in Phil's truck and was arrested in Idaho.

No guns or weapons are allowed at the camp, not even for the staff, according to the director. A barbed wire fence was erected in 2001 for additional security.

When the recent escape occurred, the camp used its old method of notifying the public:

1. Notify the camp's special enforcement team
2. Notify the camp director
3. Notify the Sheriff's Dept.
4. Make calls to their home areas.
5. Call Papa's, The Rock Inn, Crossroads Tavern, Amanda Marga Peach Ranch and Canyon Meadows Sports Camp.

When The Mountain Yodeler was informed by Resident Deputy Bob Schneider of the escape on December 20 we found only a waitress at The Rock who knew about the escapes. By then, the boys had already been captured. Herbon said the community is not necessarily notified when an escapee is captured.

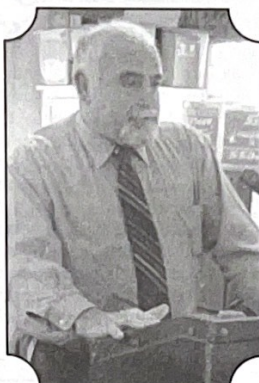
Although escapes are rare from this juvenile detention facility, some residents feel that a better notification system is needed. A good deal of discussion took place at the January meeting of Lakes Town Council.

One suggestion was to have the Sheriff's Dept. use the reverse 911 system, in which everyone in the immediate vicinity gets a phone call about the escape. Other ideas were to use an email or cell phone alert through a system called Nixle.

By signing up for free at Nixle.com you can be notified of any emergency happening in your area.

If you are interested in discussing this further, please attend future meetings of The Lakes Town Council at 8:30 a.m. on the first Saturday of each month at The Lakes Community Center.

Camp Munz director asks residents to volunteer



Randy Herbon, director of Camp Munz, addressed the Lakes Town Council. Grossman photo.

By Dahlia Grossman

Randy Herbon, director of Camp Munz, is asking residents to help the juvenile detainees change their lives by volunteering a few hours per week at the camp. Many opportunities exist for volunteers to truly make a difference, according to Herbon. Volunteers are needed to help the boys learn skills that will make them productive citizens when they are released.

Herbon has many ideas, such as teaching the boys how to use a computer or how to conduct themselves at a job interview. Many need help with reading or writing skills.

"I've always wondered why people don't volunteer," said Herbon. "We need to show these boys that there is something else other than crime," he said. Herbon said

that out of the 75 juvenile residents at the camp, 30 are really good kids and another 20 could really be helped if they had some guidance.

"A lot of them never had a strong male in their life," said Herbon. "A lot never had a caring mother," he said. Herbon said he works at building relationships with the boys. In a sense, he is a father substitute for them. "I've got a steady flow in my office of kids with little problems," said Herbon. "Many of them have had a pretty ugly life," he said.

Herbon gave The Yodeler a "wish list" of the ways in which volunteers could help in the rehabilitation of the camp's kids.

1. Mentoring
2. Tutoring
3. Life skills
4. Music

5. Career counseling
6. Interview preparation
7. Trades
8. Camp newsletter
9. Cooking
10. Gardening
11. Construction
12. Parenting skills
13. Teen center (recreation)
14. Arts and crafts
15. Automotive
16. Small engine repair
17. Horticulture / design
18. Coaching: volleyball, football, softball, basketball, soccer
19. Youth council advisor (teach Robert's Rules)
20. Chess club
21. Teen Court advisor

Herbon said he would like to hold an open house in the near future but will need volunteers to help with that also. If you have an interest in helping at the camp, please call Randy Herbon at 724-1211.

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To learn more, call Dorothy Solberg 724-1834 or visit www.shaklee.net/howdotosolberg

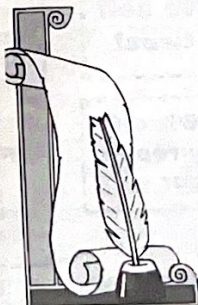
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NOTICES

Three Points CERT Exercise

The Lakes & Valleys CERT team will hold its quarterly exercise in Three Points on February 12 from 8 to 11am. Please come out and join us for a fun morning.

You can register for this event by contacting Robin Kennard at 917-8806 or robsusakiwi@msn.com. You must be CERT-trained to participate.

If you are interested in becoming CERT-trained you can contact Robin or go to www.anteelopevalleycert.com for more information on CERT (Community Emergency Response Team) classes.

Cancer Support Group to Meet

American Cancer Society's Prostate Cancer Support Group meets from 12:30 to 2:30 pm on the third Tuesday of each month at the Lutheran Church of the Master, 725 East Avenue J, Lancaster.

Need someone to talk to before or after a treatment? For details, call Susan Baker, facilitator/coordinator at 718-1906.

Toastmasters Group Forming at YMCA

Improve your speaking and communication skills in a safe and supportive environment.

The Y Toastmasters meets Friday evenings at 6:45 at the Antelope Valley YMCA, 43001 10th Street West, Lancaster. Phone: 661-349-0851. (The YMCA is located just south of the park and ride lot, between avenues "K" and "L.")

Editor's note: I attended this meeting last week and it was great! Really fun.

Trash Pickup Planned at Lake

Join the Lakes and Valleys Conservancy for another trash pick up on Saturday, February 5, 2011, from 9:00 am to noon. Meet at the Forest Service side of Elizabeth Lake. Wear sturdy shoes/boots. Wear gloves. We have trash bags. It will be fun!

Call Firefighters needed for Green Valley and Leona Valley. Call John Grimm at 270-1628.

Ham Operators Needed In all communities, especially Green Valley. Please call Doris 609-3888 or the Fire Safe Council at 270-9911.

LAKES WOMANS CLUB

NEXT MEETING

Wed., Feb. 10 at 7 pm
at Lakes Community Center

Ladies, join us for a fun time, as we raise money for local charities and attend social events. All women living in the Lakes and Valleys Communities are welcome to join us. Come to our next meeting and meet our members. Just stop by. We'd love to have you join us.

For more information about the Lakes Woman's Club, call Jeanette at 724-0863.

HELUS Considers All-Day Kindergarten

By Diane Parkins, principal

We are considering one all-day Kindergarten and one ½ day Kindergarten class for the 2011-2012 school year.

The all day Kindergarten would be from 8:30 – 2:40 and would include academics, a rest time and some art/music activities. The ½ day Kindergarten would be from 8:30 – 12:35 (the same time as Kindergarten is now) and would continue to be the same quality academic program integrated with arts and music. Both classes would have lunch at school.

If you have a student enrolling in Kindergarten for next school year (your child must be 5 years old by December 1, 2011) please contact the school office at 724-1231 to voice which program you would prefer so we can make determinations on what type of programs we will offer. Thank you.



Norm Hickling (left), deputy to Supervisor Antonich, presents former Lakes Town Councilman Tad Summers with a commendation for community service. Grossman photo.

HELUS to go solar

By Diane Parkins, principal

You may have read that we had a community meeting to discuss a possible solar installation on our school grounds. Our board of trustees approved this solar project, after receiving input from the community, for the Hughes-Elizabeth Lakes School District.

In late spring you will begin to see ground mounted solar panels being installed in two places on our district grounds. (Two areas because we have two electrical panels and we want to save money on each of the electrical boxes.)

As you know, schools have had drastic cuts in funding but because of the partnership we have with Psomas we will have this system installed for zero cost to the school district and will save approximately \$11,000 on our electrical bills per year. The school district is excited to begin saving money and become more green in the process.

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Ice Cream Social Feb. 13 - Leona Valley

Do you remember the song *Dedicated to the One I Love* by the Shirelles or *Crazy Little Thing Called Love* by Queen?

Well, it is almost St. Valentine's Day folks and I want you to mark your calendar for LVIA's second annual "Sweet Sundae Ice Cream Social."

Last year's event was a huge success and we look forward to serving you again.

The date is Sunday, February 13. It will be held at the Leona Valley Community Building, 8367 Elizabeth Lake Road, from 1 - 4 pm.

You can give your loved one flowers, candy and a card, but romancing your sweetie with a special ice cream sundae or a root beer float is the finishing touch for the day.

Bring a neighbor or friend and simply enjoy socializing with a good friend or make a new friend. The cost for all adults is \$5.00 and for children (12 and under) \$3.00. Hosted by LVIA and sponsored by Rally Auto Group.

For information call 661-270-9268.

Valentine's Recipe

This is not my usual, but I would like to share a little appetizer recipe if you just so happen to be having company for Valentine's Day:.....

Red Pepper Spread

1/4 cup olive oil
one small white onion
chopped fine
two large garlic cloves sliced thin
one 12 oz. jar of roasted red peppers rinsed and drained
1/2 cup pine nuts roasted and cooled

1/3 cup rinsed and packed fresh basil
2 Tbl. fresh squeezed lemon juice

Two loaves French or Italian baguettes sliced and toasted

Place oil in skillet over medium heat, add onion and garlic stirring until soft. In a food processor blend onion, garlic and remaining ingredients until smooth. Brush toasted baguettes with a little olive oil and spread over toasted baguettes. Makes 1 1/2 cups. ENJOY!!!

Blessings for 2011,
Jan Clark



Missionary Visits the Oaks

By Dahlia Grossman

Missionary John Dillon, who has carried a 10-foot-tall cross across the country for seven years, stopped in Lake Hughes during December.

Dillon, who spoke at the Oaks' annual community Christmas dinner, said he had been homeless in San Diego during the late 1990s.

"When God got me off the street, I realized that there are so many people struggling, who need someone to come and share faith," Dillon told Phil Pierce in an interview for the *Birmingham News*. "The visualization of the cross helps remind them of the gospel," he said.

Dillon told Lakes residents at the Christmas dinner that a few years ago, on his 40th birthday he just wanted to throw the cross in the bushes, go to San Diego and visit his mother for Christmas. "Just then, a group of soldiers put up their fists and said, 'God Bless America,'" said Dillon. Those soldiers lifted his spirit and gave him the will to carry on.

Dillon now has a car and is able to drive to different cities and then walk with the cross, which he pulls on skateboard wheels. He stayed in Lake Hughes for a while and said his next stop will be the Mexican border.

NOTICES

Little League Pancake Breakfast

By Amy White

The Lakes Little League is holding a Pancake Breakfast to raise funds for the Spring 2011 Baseball & Softball season. They will be offering breakfast from 8 am to 11 am on Saturday, February 19 at the Lakes Community Center, 17520 Elizabeth Lake Rd., Lake Hughes.

Selections will include a main course of pancakes or biscuits and gravy, along with sides of bacon or sausage, and a beverage. There will also be a selection of pastries and fruit parfait.

A donation of \$4.00 per meal will help cover the cost of the breakfast along with raising funds to help replace old and unserviceable equipment, including helmets, catchers gear, bats and balls.

The league will also have various Lakes Little League apparel for sale.

Lakes Little League provides T-Ball, Baseball and Softball to children ages 4 to

12 who live within the Lakes Little League boundaries. This includes the areas around Lake Elizabeth, Lake Hughes, Green Valley, Leona Valley, Three Points and Kings Canyon.

If you would like more information about The Lakes Little League or the Pancake Breakfast or want to volunteer or donate to the league, please contact Information Officer Amy White at 338-9694 or Fundraising Manager Rhonda Kersey at 724-9228. You can also view the leagues website: www.eteamz.com/Lakes, or email the league at lakeslittleleague@roadrunner.com.

Horseshoes

Lake Hughes Community Center.

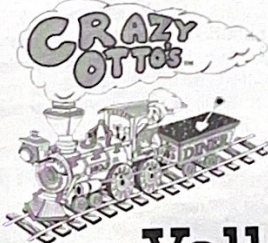
February 6

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Beginners welcome (handicapped)

\$13 signup fee.

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True Tree Story, Nuns for Fun and Run!

By Honorary Mayor Allaire Koslo a.k.a. Sister Mary Sunflower

Picture if you will, the following scene: your Lakes Honorary Mayor in a French maid costume on top of her roof in Lake Hughes. Her 130-year old cottonwood tree is on fire. It is two days before Halloween.

What is going on, one might ask? Well, Rick Sinclair has finished doing a superb job of trimming her trees. He is now engaged in a process called "scorching" the trees. To get the dead and rotting wood out of the inside of the cottonwood trees he must carefully burn the tree trunk from the inside.

This procedure worked very well with the first two trees. The third tree was home to a substantial colony of ants – thousands of them. Of course they didn't much like their warm and cozy home being burned out, and they scattered everywhere, crawling hither and yon and dropping out of the tree.

One ant in particular wound up on my head and decided to seek refuge by crawling into the inner recesses of my right ear. Have you ever had an ant crawl way inside your ear? It is disturbing. I ran inside, and as my daughter, Chloe can attest, I shook my head violently to try and dislodge the ant and encourage it to exit the ear. That only caused the ant to proceed deeper still.

Chloe thought that I was having an exorcism or that my head was going to fall off. Finally, with a Q-tip with alcohol on it, and a little luck, the ant was successfully removed.

Meanwhile Rick had finished with the scorching. However, the tree was still smoking. We kept watering it down, but the fire within did not want to be extinguished. A call was made to our local fire station 78 and with their foam the fire was put out.

Still wearing my Halloween costume, and covered in ants and soot, it was a surreal afternoon to remember. We are grateful to Rick Sinclair and Lee Harper for their work and that we have healthier trees. We are thankful for Fire Station

See True Tree Story, page 22

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Custom Home in Peaceful Lake Hughes – This lovely home has been totally rebuilt. New kitchen features granite countertops and new stainless steel appliances. New bathroom with quality fixtures and granite sink top. Ornate crown molding thru-out. The interior detailed wood work is a must see in this charming home. Additional lots available. **\$99,000.**

CALL PEGGY DEHAAS (661)724-2592

Lake Elizabeth Custom – Great location on culdesac street with lakeview. This 2 bedroom 2 bath home has loft area that could be 3rd bedroom. Living room has pellet stove and vaulted ceiling. Master bath features spa tub. Formal dining room with wet bar. **\$179,000**

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Lake Elizabeth Lakeview Home – Priced to sell fast! This 3 bedroom, 3 bath home has new roof, new carpet and fresh paint. Fireplace in living room, great family home on corner lot. Fenced yard, decking for above ground pool plus a sauna room. **\$169,000**

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Custom Ranch House - 4 bedroom 3 bath ranch home on 2.5 acres in beautiful Leona Valley with fantastic valley view. Den with woodstove, formal living room features rock fireplace and open beam ceilings. Fully remodeled country kitchen, new stainless steel appliances, granite counter tops and new cabinets. Hardwood and tile flooring throughout. Master suite has remodeled custom bath. Plus a 600sq. ft. unfinished bonus room. **\$439,000**

CALL PEGGY DEHAAS (661)724-2592

Rentals available from \$600 to \$1500. Stop by our office for rent list.

Letter to the Editor

To the editor:

I would like to respond to Norm Judd's opinion regarding the repeal of Don't Ask, Don't Tell (DADT). A recent study by the Pentagon showed that 70 percent of service members believed that the repeal of DADT would have little or no effect on their ability to do their jobs. In addition, an ABC News poll found that 77 percent of Americans supported gay service members to be open about their sexuality.

I served 15 years in the US Navy Reserves, and the reason I left was because of DADT. As a Lt. Commander with only 5 years to go before being eligible for retirement benefits it was not an easy decision. I wanted to create a domestic partnership with my long-term partner and was afraid that I would be persecuted in the military.

My father has more than 25 years in the Navy; I support our country and have always been eager to do my part. Not only did this policy force military personnel to be dishonorable by forcing one to lie, which is despi-

cable, it also affected the personal relationships and trust between service members, which are vital to a successful unit.

Most people don't realize the energy it takes to hide a huge part of your life and not tell. Be it in the military or the corporate world when someone is not open about their sexual orientation they typically have two options if they are in a relationship:

They can either just say they are not with anyone and apparently never date, or you do say you are with someone and pretend your same sex partner is someone of the opposite sex. This can get complicated of course; sometimes you slip and call her by her real name if you have given her a fictitious one, or say "she" instead of "he", and then if you are ever asked to socialize and bring your "boyfriend/husband" you always have to make excuses as to why you can't or they can't make it. You can never fully be yourself and

form true friendships with coworkers or fellow service members in this situation.

It has also shown to negatively affect productivity if you constantly have to censor yourself and stress about people finding out, because your career is on the line. In the corporate world, even if there are state laws and/or company policies against discrimination based on sexual orientation, some people are still afraid to be open. (By the way, there are 26 states in which it is still legal to fire someone based on their sexual orientation alone!)

The majority of Fortune 500 companies see that there is a business case for equality and have prohibited discrimination based on sexual orientation since 1995 and offered partner benefits since 2006. These policies, along with many others, have a positive impact on productivity, recruitment and retention of a diverse and motivated work force.

Still, we have no federal benefits and our state laws vary, so that our partners and dependants are generally not eligible for benefits. The legal aspects of tax law and such are an absolute nightmare for us. While the scummiest wife-beating jerk on the planet will be eligible for his wife's Federal benefits, my long-term love of my life gets nothing. The repeal of DADT has done nothing to change that. It just means we are a little closer to a better understanding and hopefully, better future legislation.

We are NOT asking for "special recognition and legislation", we only want to be treated equally as upstanding, tax-paying citizens of this country under the protections of our Constitution.

We don't want to announce our homosexuality; we just don't want to have to hide it. We want to be able to have family pictures up, talk about our weekend that we spent with our partner and not have to hide who we are.

According to the absurd example Norm gives about "innocent" heterosexual men being "seduced", I am guessing that most men who have sex with men do so willingly

and by choice. Do you really think if a man wasn't at least bisexual he would have sex with a man just because he was offered "money, an apartment, and a lot of sex"? Give me a break! And the only real "choice" is whether to live your life openly or not and to be true to who you are.

Sincerely,
Karen Graham

NOTICE

The Friends of the Palmdale City Library will hold its annual officer election and installation Tuesday, Feb. 1, at 7 p.m. in the Palmdale Woman's Club building, 2141 East Avenue Q, Palmdale.

The nominated officers for 2011 are Patsy Heald, president; Audrey Miller, first vice president program; Janey Schwerin, second vice president; Ron Lawslo, third vice president ways and means; Jackie Lawslo, recording secretary; Alma Hyland, corresponding secretary; Linda Arce, treasurer; and Barbara Carson, director at large membership.

Those interested in Friends membership may join by paying annual dues of \$2, individual; \$5, family, \$1 youth, \$15

patron, \$100 business/organization, and \$100 life.

For information call Patsy Heald at 661-269-1359.

Norm Hickling (left), deputy to Supervisor Antonovich, presented a commendation for community service to outgoing Lakes Town Council President Jim Walker at the January meeting. Grossman photo.



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Dave Says

Dear Dave,

How do you feel about giving an allowance to kids who are younger than 10 years old?

Anonymous

Dear Anonymous,

I don't do allowances for anyone. The word "allowance" sounds way too much like welfare to me.

We put our kids on commission at an early age. If they worked, they got paid. If they didn't work, they didn't get paid. We put a little dry-erase board on the refrigerator and listed all the jobs they had to do during the week, with a dollar amount next to each one. When you did a certain job, you were paid that amount.

Keep in mind, though, kids shouldn't get paid for every little thing they do around the house. There are some jobs they should have to do just because they're part of the family, or because mom or dad tells them to do that job. Some of these jobs should

have a higher purpose, too. As a parent, you want to find as many teachable moments for your kids as possible.

Once they've earned their money, sit down with them and divide it into three separate envelopes: one for saving, one for spending, and one for giving. This way, they get to learn about these three important things while they're learning how to work.

Teaching kids that there's an emotional connection between work and money is one of the best things you'll ever do as a parent. If they learn this when they're five, chances are they won't be clueless and financially irresponsible when they're 55!

—Dave

Dear Dave,

We recently saw a copy of our credit report, and one debt we had was listed as "charged off as bad debt." What does this mean?

Sheila

Dear Sheila,

Simply put, it means you didn't pay them. You had a debt you never paid, so the creditor never got their

money, and they wrote you off as a deadbeat. I'm being facetious, of course, but in credit terms that's pretty much what it means.

If you want to get that cleaned up, you'll have to go to the creditor and make arrangements to settle the debt with them. Once you do that, it will read "bad debt settled." It's still not an ideal situation, but it's much better than having "charged off as bad debt" stuck on your credit report.

Remember, you always settle a bad debt in writing. Never give a creditor or collections company electronic access to your checking account, because lots of them will steal from you. I've seen plenty of cases where there was no written agreement, and a collector took out more than they said they would. Then, somebody's house payment bounced!

—Dave

Dear Dave,

We've got \$1,000 in our starter emergency fund, and we've paid off the last of our debt. We're renting, but now

my wife really wants to buy a house. On top of this, she wants to go the route of 100 percent financing and argues that a mortgage payment wouldn't cost any more than we're paying in rent. She's extremely upset because I'm against the idea. How can I explain to her that this is a bad plan?

Alan

Dear Alan,

It sounds to me like this girl has a bad case of house fever. I think she probably knows deep down this isn't a good plan, but she's found something she really likes and is mad because you're not going along with the idea.

When you buy a home with nothing down and no money in the bank, you're inviting Murphy and his three cousins—Broke, Desperate and Stupid—to move in with you. The roof will start to leak, and your central unit will die before you've lived there six months. In other words, you'll find yourselves right back in another mess just because you didn't have the maturity and wisdom to wait until you

had your fully funded emergency fund in place, plus a 20 percent down payment on that house!

Here's another thing. The idea that you save money because your house payment is the same, or even less than your rent, is one of the biggest myths out there. It costs more to own a home, period; especially on a short-term, monthly basis. As a homeowner, you're exposed to all kinds of things you never have to worry about as a renter.

We all have times when we get excited by something we want and do things we shouldn't do. I've done it, and I'll bet you have, too. But in situations like this, you've got to sit down and talk things out. I'm not sure how to get your wife to realize this or act more mature, but I do know that people who charge into things of this magnitude without thinking are the very ones who end up in my office for financial counseling or filing bankruptcy!

—Dave

For more financial help, please visit daveramsey.com or listen to him on KTWB 98.7 AM from 11 am to 2 pm.

San Fran still looks like first choice for power lines

By Lu Bole, senior staff writer

The Green Valley Town Council meeting on Wednesday, January 12, was well attended. Discussions were held again about the proposed Barren Ridge route to be taken. A proposed draft will be released soon to all concerned Town Councils, and after it has been released there will be another period open for concerned citizens to respond.

It is thought that the existing route along San Francisco Cyn. Rd. will be the one chosen. This is not "carved in stone" yet, but it is believed to be the one still in favor for the DWP. If this is the one chosen, there would be no new property lost, as the already existing tower footprint would be utilized, with new, taller towers erected, giving each tower greater capacity to carry the increased power.

Further, if this is the route taken, it is possible that the DWP would be willing to compensate affected towns in some way. Several ideas were discussed if such an option were to be offered. If you have an idea for a particular project that could benefit our town, either contact Dale Kimmel, council president, or bring your idea to the next town council meeting at 7 pm on February 9.

Anyone with comments/questions/etc. concerning this proposed route is urged to either write letters, telephone or send e-mails to the appropriate parties. Waiting until after that draft is in its next stage is **TOO LATE!** If you have legitimate concerns **NOW** is the time to let your voices be heard. There are five choices for you to make:

- 1) Telephone the toll-free Barren Ridge Hotline (877)440-3592
- 2) Visit the Project website www.ladwp.com/barrenridge
- 3) Visit the interactive Map and Public Comment Website at <http://gis.powereng.com/BRRTTP>
- 4) Send an e-mail to BRRTTP@powereng.com;
- 5) Send written comments to: BRRTTP - Forest Service/BLM/LADWP, c/o POWER Engineers, Inc., 731 E. Ball Road, Suite 100, Anaheim, CA 92805

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Any comment received will receive due consideration, and if we give them our address, they will put us on their mailing list to receive the periodic newsletters that they send out.

The sheriff's report was encouraging, even though the numbers of reports are up. The sheriff said that this means more people are reporting incidents, and this is good. If you see or experience something that should be reported to the Sheriff's Department, do so. (For example, stolen property recovered from an apprehended burglar cannot be returned to the rightful owner if no report was ever made of the theft - even if the thief admits stealing it from a particular town!)

A report was made concerning illegal dumping in our area. Certain people still seem to think that it is okay to dump their trash anywhere they want rather than either sign up for regular trash pickup, or take items to the dump itself. If you observe illegal dumping, either in progress or an abandoned pile of trash, first call the Sheriff's Department with the information, and then call 1-800-DUMPING (1-800-386-7464).



Photos: Norm Hickling, deputy to Supervisor Antonovich, presents commendations to outgoing Lakes Town Council members (left) Doris Karabinus and Karen Graham. Grossman photo.

Snow Cancels FSC Meeting

By Laura "cha" Verneti

The FSC first meeting of 2011 was canceled due to the snow and icy road conditions. We look forward seeing everyone at future meetings on the first Wednesday of every month. The next few meetings are Green Valley on Feb. 2, Leona Valley on March 2 and Lakes on April 6. For more information please call 270-9911 or email us at avlfsc@roadrunner.com.

The year 2010 can't come to a close without thanking residents for their generous donations of money, supplies and volunteered hours. Your donations not only have allowed us to continue for over eight years, but assist greatly in supplying all of our community emergency bins.

Please remember all cash and supply donations are tax deductible. If you have any questions regarding this please contact us. Your volunteer hours at meeting and helping your neighbors with brush clearance related activities, go towards our required matching funds for our grants.

Great things are coming for 2011. We plan on having our annual events, Firefighter Appreciation Day, Free Chipping Day and informational monthly meetings. Please let us know if you have an idea of something you would like to see.

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The Art Page

Todd Cooper
Art Editor

state of the ART in our community

Breaking Down a Painting into Manageable Steps

A blank, white canvas can be a scary thing. Where to start? Then what?

Here is a basic procedure that follows a logical progression. It may be a bit hard to see the changes in these black and white pictures, so I hope the explanations are clear. Also, this article is about the procedure, not about painting technique or drawing. In representational painting, the underlying drawing is very important and the painting will only be as good as the drawing.

Step 1. Using a grid to transfer the reference photo to the canvas, I do a fairly loose charcoal sketch. Then the grid is erased, the charcoal is brushed away as much as possible, and the then sprayed with fixative.

Step 2. Using a thin wash of paint (in this case, Raw Umber) and turpentine, I tone the entire canvas. This will dry pretty fast. Before it's completely dry,



I use paper towel and/or bristle brush to wipe out the highlights and lightest parts.

Step 3. I re-state the drawing in a thin, dark color. A good mix is Ultramarine Blue and Transparent Brown Oxide or Raw Sienna.

This step is pretty much like charcoal drawing, in paint. I call it the underpainting.



This is often where I will end a session, allowing the underpainting to dry before continuing with full color.

Step 4. Now I really start to paint, in color, and fairly finished in each area before moving on to the next. Working from back to front, I paint in the background.

Step 5. I paint the face.

Step 6. I paint the hands, legs and hair.

Step 7. The shirt.

Step 8. The pants.

Step 9. The chair. At this point, everything is basically painted. I can now assess the painting as a whole and go back to any parts that need further refinement. Final highlights and dark accents are added, edges are softened or sharpened, and final touches are added. When the



paint is dry, glazes and scumbles can be used to alter areas that need shifts in color or value.

LVAG NOTES

If you haven't paid your annual LVAG membership dues, you are late! Dues are \$24, payable in January.

LVAG logo shirts, hats, etc available at www.zazzle.com/TheCoyoteStudios/LVAG
The next LVAG general meeting will be Sunday February 27, 2011, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.



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Oaks Christmas Dinner

The Oaks staff very graciously invited the entire Lakes Community to join them in their annual Christmas dinner. Following dinner, guests were inspired by the Church of the Lakes choir, Pastor Joanne Oemig of Church of the Lakes, and special guest John Dillon, who has carried a cross around the country for the past seven years. (See story on page 5.) Also visiting us at the dinner were former long-time residents Pat and Norm Wiggins, who used to own the Cherry Patch across from the Oaks. Norm was a captain at Station 78 and Pat led the Lakes and Valleys 4-H Club along with Brenda Rich.

Photos: Dahlia Grossman



Church of the
Lakes choir

Local Folks in the News

Green Valley Citizen of the Month



By Glenn McConnell
Staff writer

Born in a farmhouse in Rockford, Ohio, with a hand pump in the kitchen sink and an outdoor toilet is how life began for Dale Kimmel. Dale was the middle child, having an older and younger brother.

He recalls that life on a farm was a lot of hard work and everyone pitched in. Chores began early in the morning (before school) and also in the evening (after school).

After high school, Dale began working on the farm full time. Because of his common sense approach to farming, Dale saw how some farm equipment would be more efficient with some modifications. Deer Farm Equipment Company also liked Dale's new ideas and made several changes to their equipment.

Dale left home to attend Indiana University. He also enjoyed working at the TSC local National Farm store.

While Managing a TSC Store in Grand Rapid, Michigan, he adopted his first child.

"While working for Allis Chalmers Outdoor Product Division in Illinois as regional manager we decided we need to live closer to our family," said Dale.

Because of Dale's love of farming, when he and his wife were expecting their first child, they moved back home to the farm. The farm was 1,750 acres and the primary crops were corn, soybean and winter wheat.

Dale continued to seek out new ways to improve farming products. He started a company called Agra World Products. The company provided improved soil conditioners and chemicals that produced a better crop. Agra World Products were sold in 22 states. Dale also laid the groundwork for Weston Sunflower Corporation. This company processed, refined, packaged and distributed sunflower oil throughout the nation.

During a trip abroad, Dale met a gentleman from Austria who drew him to California.

Together they organized a company that put together a music and film library. Dale's last employer was Galpin Motor Corporation in the San Fernando Valley.

Dale and his lovely wife Judy raised four girls and three boys. They have been married for the past 27 years. Six and a half years ago, they purchased a home in Green Valley. Though Dale was retired, he didn't let the grass grow under his feet. He enjoys working around his house, tending to his animals and serving his community.

As a member of the Green Valley Charitable Hall, Dale took on the responsibility of repair and maintenance. He also joined the Green Valley Town Council.

Today, Dale holds the position of town council president. He has been a tireless worker in the fight against the Los Angeles Department of Water and Power and their desire to run additional power lines (Barren Ridge Project) through Green Valley.

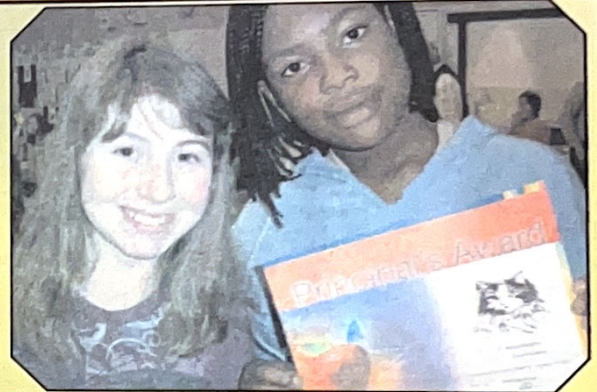
Dale's easygoing country approach to life makes him a joy to be around. He has the gift of gab along with a servant's heart. He loves living in Green Valley.

When asked about a hero in his life, Dale immediately refers to his dad.

Dale can be seen relaxing on his patio, enjoying his dogs and listening to some gospel or country western music.

We are glad that you and Judy choose Green Valley as your home.

You are one of Green Valley's finest and I salute you.



Congratulations to sixth grader Gillian Chaffetter and 5th grader Tobl Adeoye, who were among several students who received the Principals' Award at Leona Valley School for having a 4.0 grade point average!



Josh and Gavin

Below: St. Elizabeth's Mission Altar Society had their annual Christmas potluck luncheon in lieu of a monthly meeting on Dec. 11 at Cindy Lindaman's home. The afternoon was filled with chatter, laughter and plenty of good old home cooking. Photo and writeup: Cindy Lindaman.

Congratulations to Josh and Jennifer Cummings of Elk Grove, Calif. on the birth of their son Gavin on Jan. 17. Gavin weighed in at 8.1 pounds and measured 21 1/4 inches. Proud Grandparents: Claudia and Dean Brower of Lake Hughes. Very proud Great Aunt: Cyndy May of Lake Hughes. Great Grandparents: Marjorie and Jack Archer of Carlsbad and Charles and Estelle Compton of Palmdale.



See Diagnosis, page 23

Snowbound 2011 or Just Happy to Stay Home?

By Shawny Kaltenbach
Staff writer

Snow marked the beginning of 2011, but it was not quite as much as the winter of 2008 per Leslie McCall of Green Valley, who says the snowfall was as high as two feet in areas along San Francisquito Cyn. Rd. She also remembers pulling close to 30 people out of tough spots in 2008 with their Jeep which luckily had a winch. The snowfall this year, however, stranded six or seven cars overnight in the Green Valley Market parking lot, while others were stranded at various locations around town. One traveler only made it halfway into the driveway of the market and needed help getting the rest of the way into the lot, and then later got a ride home for his snow chains. Not many were expecting the snow to come down as hard as it did. Leslie also noticed that folks were just stopped dead in the middle of the road putting chains on during this snowfall.

Dave and Vonnie McCullah of Green Valley had fun with it and sat out front in their yard, holding up signs grading the drivers from one to ten, depending on how much they slid around while driving too fast for the conditions, which is common on San Francisquito Cyn Rd. Vonnie also estimated six to seven inches of snow this year for Green Valley, depending on which side of town you live on.

Snow dogs by Dawn Baertlein



Some who were snowbound got to stay home and play in the snow with their families. (Maybe those with no snow chains?) It was a great time for play, as the snow didn't do its usual thing. It actually stuck around, not melting away after a day or two.

Karl Percy, the weatherman from the north side of Leona Valley, reported that the north side is more arid and usually receives less snow. He measured the snow on the north side at five inches. The south side of Leona Valley varies greatly, as there is a wide array of elevations. The lower elevations probably got five to eight inches of snow while the higher elevations may have exceeded a foot, per Alice Benoit.

Jeanette Lundberg reported a foot of snow in Pine Canyon because her legs sank so far into the drifts! She also said it took a long time to melt, turning into dangerous "ice sheets," which happens when it starts to melt and then freezes again. The Lundbergs got lucky and avoided getting snowbound by following the snow plow out to the main road.

Greg Strombo of Green Valley reported seeing seven cars either immobilized or in a ditch on his way to work at Edwards AFB. On his way home, he was trying to get up the hill on San Francisquito and several folks were standing in the middle of the road with their vehicles, trying to figure out what to do. It's hard to get started again when you're going up a hill and you have to stop, but thankfully he had front wheel drive so his car eventually made it past everyone and he got safely home.

Yodeler editor Dahlia Grossman of Lake Hughes got stuck right before the turn to go up the hill to her house and had to park in a neighbor's driveway and walk home about a half mile. Two days later, when she had to go to work at her "day job," it took five people to dig her car out of the snow. Finally, Lakes resident Jim Zubiena towed it out of the snow for her.

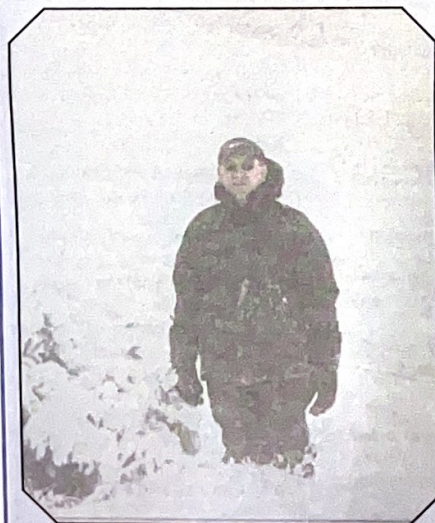
My great grandfather, Frank Kaltenbach, invented the snow chain, and sold the patent and rights for \$500, which was worth quite a bit more in the 1920s than it is today! He called it the "automobile climber" back then however. I kind of wish he had kept the patent because I'd probably be the heir to a sizable fortune, with as much snow as there is in parts of the US. There's no future in living in the past however, and the time to dance is when the music is playing. I probably would have taken the money too.



Sherri Immel took this cute picture at The Painted Turtle Camp.



Tehachapi Mountains by Shawny Kaltenbach



Dave Gantenbein acts as a measuring stick in Leona Valley. Photo Janice Gantenbein



Church of the Lakes by Suzanne Johnson



Elisabeth Chaffelter took this photo overlooking the lake.

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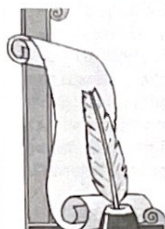
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Sheriff's Report

"Last month (December) was kind of busy," said Resident Deputy Bob Schneider at the January 8 meeting of the Lakes Town Council. "We had a few thefts. Green Valley had their share," he said. Schneider also said sheriffs had been called out several times because of domestic violence problems.

A Pine Canyon resident let potential burglars know in no uncertain terms that he would not be victimized. Luke Vion told residents at the Lakes Town Council that two men at tempted to steal some scrap metal and tractor implements from his yard the first week of January.

"We held them at gunpoint until the sheriff arrived," said Vion. According to Vion, the men - who were Lancaster residents, according to Deputy Schneider - were arrested and released. Vion said that during the attempted burglary, the car driven by the would-be thieves got stuck in the snow and then slid into the Vion's shed.

They were charged with petty theft.

A utility truck parked on Lone Pine Trail was broken into in early January and tools stolen, according to Lakes resident Luke Vion. "They pried the doors open," he said.

Residents are reminded to report all crime to the Palmdale Sheriff Department. "Lately the chances of finding the tools are pretty good if the locals have kept possession!" said Deputy Schneider. If criminals are captured and have your possessions, they can not be charged if you have not made a report.

Soup Lunch and Book Sale Feb. 17

PALMDALE - Soup is on at the Palmdale Woman's Club 11 a.m. to 1 p.m. Thursday, Feb. 17, at the clubhouse, 2141 East Ave. Q.

Delicious homemade soups to be served include beef vegetable soup, chicken noodle, split pea, and cheesy potato. The \$8 price includes choice of soup, homemade dessert, rolls and drinks. Desserts to take home are \$1 each. Tickets will be sold at the door.

The Friends of the Palmdale Library will be selling used books during the Soup Kitchen.

All proceeds from the soup kitchen will be donated to the club scholarship fund.

For information call Alma Gama at 661-265-8731

WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)

By Tom Kaucher
December 2010

Temperature

High- 66° on 12-9, 11-4
Low- 24° on 12-31
Average High-53.8°
Average Low-36.9°
Average Temperature-45.4°
Lowest High- 34° on 12-30
Highest Low- 50° on 12-10

Precipitation

**11.80" (8.71" above average, 6.26" above last year)
Seasonal Precipitation (7-1-10 to 12-31-10) - 17.39"
(10.88" above average, 9.30 above last year)
Snowfall: 0.0" Last Year: 0.30"
** Record December Precipitation- 11.80" (old record- 10.21" in 1977)
**Record 24-hour precipitation- 4.37" on 12-19 (old record- 3.57" December 25, 1983)

Outlook for February 2011

February has the second highest average precipitation of all months and with a potential for good snowfall. Expect daytime highs in the low 40s to high 60s. Overnight lows will range from the low 20s to mid 40s.

February Averages and Records

Temperature

High- 79° in 1999
Low- 13° in 1990
Average High-55.6°
Average Low-33.9°
Average Temperature-44.8°

Precipitation

Average Precipitation- 5.81" 2010 Precipitation- 5.30"
Greatest Precipitation-17.69" in 1998
2010 Snowfall 2.3"
Greatest Snowfall- 15" in 1989
Average Snowfall- 2.9"

Averages and records only depict data since 1976.

Weather facts for the year 2010

High- 104° on August 24 Low- 21° on November 27
Average High- 68.9°-3.5° Below 2009, 2.3° Above Average
Average Low- 44.4°-0.04° Below 2009, 0.7° Average
Average Temperature- 56.6°- 2.0° Below 2009, 1.2° Below Average
Precipitation (1-1-10 to 12-31-10)-36.41"(17.7" Above 2009)
Greatest Monthly Precipitation- 11.80" in December
Greatest Monthly Snowfall- 2.25" in January
187 clear or mostly clear days, 178 cloudy or partly cloudy days

Did you know? In February 1998, the month's second biggest storm brought high winds, heavy rains (2.8" in less than 2 hours at Camarillo), and mountain snow to Southern California mountains. A robbery suspect drowned in the raging Los Angeles River in Paramount as she tried to escape from the police.

The High Desert Organic Gardener

By Robert Kerekes
Contributing writer

As winter came on my usual dry skin returned with a vengeance. The ankles were itchy, and from the scratching, I developed a nasty looking rash.

About three years ago, because of wife Robin's troubles with itchiness from insect bites I grew some calendulas, a short, beautiful flowering bush that reseeds itself every year.

Robin made a calendula salve for herself but rarely used it. One evening, in misery, I remembered the salve and asked Robin if she still had it. "In the refrigerator, right in front of your nose," she told me. (This is the way wives talk to husbands. It is an old tradition handed down from the first human female.)

Immediately after applying it, the itch was gone. Not for good, but I was amazed. Eventually the rash disappeared and the itching diminished but I am still using the salve almost daily.

Calendula is the main ingredient in Calamine lotion, sold in the drugstore.

I am amazed at how much medicine can be grown in the garden and also picked from the wild. When plant material is used for medicine, purity is hardly ever a problem, and negative side-effects are rare.

How often has the medical establishment warned the public about the horrible side-effects of using alternative, plant-based medicine, when the record shows just the opposite. This is nothing more than demonizing something for the sake of profit and control.

Some of the medicinal plants that can be grown in our general area are Valerian root (excellent muscle relaxant, aid for sleeping), Ashwaganda (a very good adaptogen), Burdock (a potent blood purifier and skin cleanser, used in cancer cures), Calendula (anti-itch), St. Johnswort (brain and spine conditions, depression and hydrocephalus), Peppermint (digestion, calming), Licorice root (stimulant, conditions adrenals, elevates blood pressure, peptic ulcer cure, liver enhancer), Skullcap (feeds and calms nervous system, lowers blood pressure, lowers cholesterol, California Mugwort (grows wild - gastritis, gastric ulcers, fat buildup in liver and parasite purge), White Sage (grows wild - anti-microbial, staph, candida, Klebsiella pneumoniae, head and chest colds).

Also, Stinging Nettle (strong diuretic, aids uric acid excretion, excellent internal hemostat, anti-inflammatory, astringent, highest protein content of any plant and excellent source of many trace minerals including copper).

This is, of course, a partial list. In my last column I mentioned Rosemary, Thyme and Oregano. Add Creosote Bush to this list of things that need not be grown in the garden but can be picked from the wild; as there are so many creosote bushes. I use a tincture

of creosote bush for toenail fungus. It really works well.

It can also be used in skin cancer removal salves and other cancer cures. It enhances liver and lung function, lipid digestion and dispersal, and reduces arteriosclerosis and fatty acid deposits.

There is some controversy over using Creosote Bush internally so one must learn and decide for themselves whether or not to use it. I use it.

Also please note that though organics have far less negative side-effects, there are some negative side-effects and those should be noted. For instance, Licorice Root used daily over a long period of time can have a negative effect on the liver. When used periodically it can have a positive effect on the liver. California Mugwort can have some toxic effects with long-term ongoing use. I use it, in tincture form, for indigestion and it works well.

Most concerns are for using during pregnancy and uterine effects, as is the case for many drugs, natural or synthetic.

Over the last 10 years there has been a 400% increase in Americans treated for legal painkiller abuse. This is higher than for illegal drugs by a good bit. Reasons given were ease of obtaining prescription drugs.

Do you want to grow organic food for yourself and your family but just can't get started? I have a young, experienced landscaper and organic gardener who will create, for a fee, an organic garden of different types and maintain the garden on your property or you can maintain it and have periodic help. He is very flexible. Call me for information.

The January class was a success so the February class will further cover all-season growing with a handout of what to plant when for the months of March and April. I will be teaching all-season growing all this year but not every month so I will be alternating with other topics. Stay tuned.

The Garden Co-op meets monthly on the second Saturday at 2 pm at my place in Antelope Acres. Next meeting is January 8, 2011. The first hour will be a class open to everyone. The topic is: Seasonal Growing All Year. The fee is seven dollars. After class is open discussion, followed by work in the garden for participating members. Call or e-mail me for directions.

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Letter to the Editor

To the editor:

In response to the latest article by Norm Judd, I would like to point out a few very crucial points. First, Judd insinuates that nearly all Lesbians are "discreet" and all Gay men are "sexually rampant." Like all things, sexual orientation is highly personal and each person is unique in the way they may or may not behave. In no way do the actions of a few individuals reflect a group as a whole. The same can be said for Muslims. If you want to make an accurate generalization about Gays, you can't only take samples from gays being arrested for sex crimes. Mr. Judd seems to be basing an opinion on flamboyant sex-addicted criminals rather than the gay father, district attorney, or military officer.

He says: "When arrested most said they were seduced and 'chose' that lifestyle." How could Norm Judd possibly know that, unless he asked every Gay person he arrested if and why they were Gay?

He also claimed they said "Gay sex is easier and cheaper than wooing women." Not being gay myself, I can only guess, but I imagine that wooing a man is no easier than wooing a woman. Being promiscuous is a character trait, and it exists in both men and women, gay and straight. And as for it being cheaper, what could that possibly be based on? Do gay prostitutes cost less than straight ones?

He says that Gays aren't satisfied with the gradual decline in homophobic abuse, and are responsible for the repeal of DADT, as well as the "assault on traditional marriage."

Wrong. Our "lame duck" Congress and leaders of military are the ones responsible for the repeal.

Marriage, as I understand it, is two people being legally recognized by the government as sharing a house and financial responsibility. Whether or not they have to be woman to man is purely a matter of religion, and the separation of church and state still stands, making it unpatriotic to believe any group of people should not be able to marry who they wish. Gay people are not assaulting marriage. They (and other people who believe in the principles this country was founded on) are struggling to take another step towards a freer nation. Christians, Jews, Muslims, you believe in whatever marriage rules you wish, but don't stop other people from being happy together simply because they don't believe what you do.

Gay groups do not intimidate politicians any more than any other groups do, and certainly less than most. Gays do not demand to "announce" their homosexuality, but rather be free from having to conceal who they are. Gay people in the military have nothing in common with child molesters who want to be Boy Scout masters. Judd makes a point about women integration being problematic, but the story has been the same throughout our history.

According to the Report of the Comprehensive Review of the Issues Associated with a Repeal of "Don't Ask, Don't Tell" published by the Department of Defense, the negative effects of integrating a new gender or race into the military have always been overestimated. There were Gays in the military before DADT was repealed, and there will be gays after. Gays do not recruit others to be gay. This misconception needs to be stopped, not encouraged.

S. Campbell, Lake Elizabeth

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The Way I See It!

Golden Sweethearts!

An Opinion By Norm Judd

During a lavish 60th anniversary party thrown by the Geezers, Gigi and I wondered, "Why are we being honored for being happily married!" Friends often ask our secret.

After being my sweetheart for three years in high school, Gigi left a loving Christian home at 17 for a jobless 18 year-old whose assets fit the trunk of a worn '36 chevy. She deserves about 96% of the credit for making our marriage work. Recently I asked if at times I had ever let her down. She smiled, saying "Only in small ways" and reminded me.

Known for "class" and "dignity" Gigi lost both in a Mexican Harbor circa 1980, when I had her hold the line to our floating boat while I walked to our distant truck. Trustingly, she stood like a bikini model holding a can of pop. My lovely Gringa tried to appear nonchalant to a dozen laborers who watched her lustfully, but increasing wind was dragging the heavy Cruiser deeper and deeper - knees - waist - chest - chin! Just before submerging she screamed, "Norm! Help!"

As I pulled her out, spitting water through straggling hair, she sputtered - "stupid!" vowing never to trust me again. But she did!

On a foggy day in Long Beach I hauled a long (lost) plank from the surf for a mantle. To fit it into our van, I placed it on a rock at a weak point, teeter-totter style. Trusting me that her 98 pounds was enough, Gigi stood on one end while I jumped on the other.

She only flew a couple of feet up and out, but sprawled without dignity, on her cute little posterior! Unhurt, as I apologetically brushed her off, she whispered menacingly - "Stupid!"

Married friends near our age usually agree. This is a good time! Uncomplicated by the frustrations of youth we laugh at our mistakes, enjoy our families, and marvel at the mysterious currents that brought us together. The abundant fruits of our labor pale next to our increasing love.

Gigi and I are "experts" at our own relationship. And we began richly tutored by our churches and parents about the high value of knowing each other before physical intimacy. Waiting for our wedding day honed our anticipation to a fine edge and we were not disappointed!

Over the decades we both changed. But our generation considered a handshake binding, our marriage vows sacred, and honesty critical. All were worthy of the effort to adapt.

Some people, particularly men, refuse to risk revealing themselves during more than a one night stand, and if both understand, perhaps only the deeper meanings of love suffer.

Gigi and I laugh hysterically at old episodes of Cheers that portray "Sam" the bartender as the ultimate philanderer whose hedonistic lifestyle is both amusing and tragic. But we wanted much more.

A wise man wouldn't buy a home without knowing the price or take a pill without knowing the side-effects or jump into a pool without checking for water. I understand lust, but it's a mystery why anyone would consummate a relationship with a near stranger? Even polygamists know each of their plural wives. But pity them! They need several women to enjoy the qualities I have in one.

I know some folks are happier alone. But I revel in my Golden Marriage. This Valentine's Day I hope my sweetheart and I will be together forever. And that's The Way I See It!

Buying Investment Property

"Get It While the Gettin's Good!"

Have you ever looked backed in hindsight and said to yourself "I should have bought that stock last year." or "Why didn't I invest in real estate when the market was low just 10 years ago?" You know. All of the shoulda, woulda, coulda's that left you kicking yourself!

Well, I am here to tell you that you have that chance once again. The time is now: A chance to seize the opportunities that are presenting themselves again today.

There has never been a time quite like the current market conditions. Prices are low, interest rates are exceptionally low and we are looking inflation straight in the eye.

It's the perfect time to take your deflating cash capital and put it into a great commodity like real estate.

There are several investment options available to suit a variety of different types of investors, depending on each individual's desired goals and preferences. The property flip and the rental/income property are great opportunities.

Property Flip

Buying a fixer or a "junker" (my favorite) is a great way to make a quick profit if done right. For starters, there must be a basic project feasibility analysis before diving in. This includes, but is not limited to, a look at the property acquisition cost, repair and rehabilitation cost estimate, estimated finish value of the project, and analysis and projection of the current market price trend.

In a nutshell, how much will you have into it, how long will it take, is the market likely to remain stable, increase or decrease over said period of time and how much should you get for it?

Income/Rental Property

Investing in rental property will generate cash flow now and for the future for those investors looking to realize an income stream from their investment. This type of investment will need proper management by the investment owner or a property management company.

With foreclosures still on the rise and creating many displaced homeowners, rentals are in high demand.

Cash Offers Speak Loudly

The best deals can be had by making a quick cash offer with few or no contingencies. This means true liquid cash funds available today, without the need of obtaining a loan from any source. Remember, you will likely be competing with other investors for the same property. Your offer must be more appealing to the seller than that of your competitor.

Time is of the essence. Now get out there and get shopping! Remember to carefully interview licensed real estate professionals who have the appropriate knowledge and experience that you will be critically relying upon in making your purchase.

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Leona Valley Pot House Busted

By Norm Judd, senior staff writer

Edwin George Bowen, 56, of Sunland and his nephew Scott David Bowen, 23, of Leona Valley were booked on January 3 on felony charges, suspected of growing 161 marijuana plants valued at \$294,000, in a secluded house in Leona Valley.

In mid-day while Deputy Schneider was patrolling with Master Training Deputy Mike Sellers, a resident of The Lakes and Valleys, they questioned Edwin Bowen, who was parked in the roadway in a rented white Chevy van near 12664 Elizabeth Lake Road. Bowen explained that he was waiting for someone from the house so the deputies left but watched. When Scott Bowen joined Edwin and the van sped away, the deputies pulled them over.

Schneider said, "While investigating an overwhelming smell of marijuana from the van we found paraphernalia for cultivation." Scott Bowen then admitted growing "a small amount of pot and had some on his person." Both men were then arrested.

Narcotics investigators with a warrant found three of the four bedrooms of Scott's residence converted into a "marijuana nursery," complete with water and light systems. According to Schneider, "Some plants were four feet tall and there was five pounds of 'finished' marijuana in the house."

Scott Bowen was booked at Palmdale Station for "Cultivation of Marijuana" and Possession for Sale. He has a prior drug arrest. Edwin Bowen was booked for "Cultivation of Marijuana."

Deputy Schneider reiterated his offer to assist parents whose children are using marijuana, alcohol, or any gateway drug. Pro-active parents will find our sheriffs more interested in intervention than prosecution for youthful drug use.

THANK YOU FROM SERTOMA

Sertoma would like to thank everyone in the Lakes and Valley's that help make many families a little happier at the Christmas and Holiday time. A lot of toys and food was donated and Sertoma delivered 48 Turkeys, & \$825 in vouchers with the donations. Thanking everyone that gave from the heart so those less fortunate then we are, had a wonderful Christmas.

Our group always feels so great when we receive the hugs and thank you from the receivers. Thanking you for your gifts and thoughtfulness

Leona Valley Sertoma.

THE MOUNTAIN YODELER

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soldiers news

By Jan Carlson, staff writer

From what I am hearing, the morale of our servicemen and servicewomen is not like it was a year ago. They are getting tired of being overseas and most of them can't wait to get back to the states and back with family.

It is a terrible strain for families to be separated for long periods of time. One soldier said he got married just before he left, but when it was time to come home, he had almost forgotten what his wife looked like and wondered if he really should have gotten married.

Absence does not make the heart grow fonder all the time. Sometimes it is just the opposite.

It is hard on the families of the deployed, so if you know any of these families, please see if there is anything you can do to help them out. Sometimes they just need someone to talk to for a while.

So far, I haven't had any Christmas cards returned. So I hope they all got to their destinations. But last year one card did come back six months later!

Hopefully, all our service people will have a great New Year. I know some of them did get to come home for Christmas. A couple others are getting out very soon so they did not come home for Christmas.

Please check the new, updated soldier list. Several names have been taken off due to the soldiers returning home. Two more new ones will be added next month.

There are a lot of days I come home from work and I find packages for the soldiers at my door. I want to thank all of you who do this. It makes me so happy to see the magazines, books, food and games that are dropped off anonymously. And it should do your heart good to know what you are doing for others, because it really does take all of us working together to make this the success it is. Thank you, everyone!!

It is still cold enough to send chocolate! Candy is always a big hit. It is also Girl Scout Cookie time! They love Girl Scout Cookies!! It doesn't matter what kind they are; they love them all! So think about the servicemen and servicewomen when you are buying the cookies. Just one extra box?

We need the usual things for the boxes: jerky, lots of candy, gum, "pop-top" foods, hot chocolate, hot cider packets, unusual spices, cotton socks, sanitary items, toothpaste, toothbrushes, foot powder, deodor-

ant, small games, playing cards, crossword puzzles, paperback books, Kool Aid, breath fresheners, hand warmers, DVDs, gloves, magazines, and whatever else you can think of.

I think it is still cold enough to send yogurt and string cheese, too.

Don't forget to fly your flag! It does not have to be a holiday to fly your flag, so fly it as often as possible. There is nothing better than to drive through a small community and see the American flag flying on lots of houses and establishments.

Have a wonderful New Year and I hope it is filled with PEACE for everyone.

Our Servicemen and Servicewomen

SrA Heidi Tuley
332 EMXS/ARMAMENT
APO AE 09315-9997

PFC Richardson, Jarod
HHC 2/6th INF MORTARS CAMP
CARVERS
2 BCT 1 AD
APO AE 09308

SPC Richardson, Jacob
US NIC
APO AE 09780

SGT JONES, MATTHEW
205TH ASMC
APO AE 09375-0531

SPC Denise M. Stevens
632nd MAINTENANCE
CO CO BADDER IRAQ
APO AE 09331

AOAN Hagerty, Joshua
BOX 22
U. S. JOHN C. STENNIS
CVN 74
FPO AP 96615-2874

ZACHERY NELSON
DCO 6-101 AVN REGT
TF SHADOW
APO AE 09355

PFC Brandon Martin
HHC CO. 526 BSB
2 BCT. 101 ST ABN DIVISION
FOB WILSON
APO AE 09370

1st Lt. Housel, Andrew
D B TROOP 2-1
CAV 4-2 SBCT
APO AE 09378

To add someone to this list to receive mail and packages, please email jarlene112@msn.com

Big Kids' Book Corner: *The Evolution of Calpurnia Tate* by Jacqueline Kelly

Reviewed By Dawn Baertlein

Calpurnia Virginia Tate is eleven years old in the year 1899, a time when girls are expected to confine themselves to cooking, knitting, and tatting (lace-making), at the same time wearing corsets tight enough to cause spontaneous fainting.

Much to her mother's dismay, Callie Vee finds less feminine interests that excessively hot, dry summer. Callie notices a new kind of big, yellow grasshopper. The usually common emerald ones have become scarce. She wonders why.

She does an experiment in which twice a day she pours water on the parched ground in one particular spot to watch the earthworms come to the surface. After only four days the worms, drawn by her footsteps, rise up even before she pours the water. How do they learn?

The world is exploding with wonders: an expertly woven hummingbird nest, tent caterpillar webs, giant catfish, dog eyebrows, and much much more!

Callie's oldest brother Harry gives her a notebook to record her observations as well as her questions. He tells her she's a budding naturalist! But what is a naturalist? When Callie keeps bugging Henry with her natural mysteries, he finally says, "Go ask Grandfather; he knows that sort of thing."

Grandfather lives with the family, yet he's apart. He's the farmer/businessman who built the cotton-based foundation of their fine life, but he's no longer interested in business. Nowadays he prefers to tinker in his "laboratory," letting Callie's father and six brothers continue the legacy.

Yes, Grandfather knows "that sort of thing," but he's... well... he's scary! When Callie's curiosity gets to be too much, she does ask Grandfather, and that's when an incredible friendship begins, as well as a partnership in science.

Each chapter begins with a quote from Charles Darwin's *Origin of the Species*, which Callie is struggling to read. While some readers may find that off-putting, I urge you to consider that the study of nature and science is yet another way to honor God's work. Evolution might just be God's way of creating. And who can say how long a day lasted back before there was a sun for defining morning and night?

Jacqueline Kelly's first novel, *The Evolution of Calpurnia Tate*, is also a 2010 Newbery award winner, and it's easy to see why. Not only is it filled with the wonder and joy of nature, but human comedies and dramas as well -- Henry's courting fiasco, Callie's tatting entry at the fair, and the wonderful friendship between Callie and her gruff old grandfather.

The Evolution of Calpurnia Tate is recommended for ages 9 – 13, and those of us who continue to be young at heart, and ever so curious.

Happy Reading!

Smoke Detectors Donated

John Ford, president of the company that has proposed the Valley Vineyard housing development in Leona Valley, donated 50 smoke detectors to L.A. County Fire Dept. His donation was recognized and applauded at the January meeting of Leona Valley Town Council.

The smoke detectors were donated in response to a request by Captain Scott Polgar of L.A. County Fire Dept. The smoke detectors were specifically donated for use in mobile homes. Once it has been determined that all the homes in Leona Valley's mobile home park have smoke detectors, the rest of the smoke detectors will be used in the Antelope Valley.

Thank You, Subscribers

Thank you to the following, who paid for their subscriptions to *The Mountain Yodeler* during January:

Don and Patricia Hobart, LV
Michael and Suzette Hester, LV
Bob and Marilyn Lupica, LE
Doug Grant and Robyn Casey, GV
Jim and Tawna Mattarocci, LV
Stacy Waddle, Lancaster

For those who have never sent a donation by subscribing to your local paper, I hope you will consider it some time this year. Your subscriptions are needed to keep the paper going. Each issue costs \$800 to print and \$450 to mail to you. In addition, supplies need to be paid for, such as mailing labels, which cost \$60/box, mailing permit at \$185/year, etc. My computer printer, which cost \$1500, is now 10 years old and is on its last legs. I am hoping that one of the printers donated to the yard sale will be able to take its place for the time being.

Please send your check to Mountain Yodeler, Box 444, Lake Hughes, CA 93532. All donations are appreciated.

View from the left

According to Norm Judd, it seems that nobody cares more about the sex that gay people may or may not be having than straight men.

Am I gay? Nope. "Straight, but not narrow," as the bumper sticker claims.

Your column does a great disservice to the troops. To suggest that a person would sign up for the armed forces just to get some tail is beyond ridiculous. Your entire column went beyond "politically incorrect," beyond inappropriate, to just straight-up offensive.

Homosexuality is NOT just about sex. Homosexuals are not simply defined by that one trait, either, any more than you would be defined by your heterosexuality. So why use that broad brush when speaking of homosexuals?

And the repeal of Don't Ask, Don't Tell is not just about sex, either. It is about civil rights. You speak of your friend Amy who (you assume) was perfectly fine with hiding her relationship during her career in the Army. If that is so, then bully for her.

But there are others who do not feel that their relationship with someone they love is something that they should have to hide. There are those who feel that if someone is willing to lay down their life, or take a bullet for this country, their partner should be able to visit them in the hospital, or be provided for after their death — just as we do for straight members of the armed forces.

"Gays aren't satisfied," you say. I say, satisfied with WHAT? DADT was still in effect until a few weeks ago. Gay marriage is going through a never-ending legal tug-of-war, while straight people the world over make a mockery of "traditional" marriage. What IS that, exactly? The chattel arrangements of years ago? The polygamy of the Bible?

The institution that made it — still makes it in many places — perfectly legal for a man to rape his wife as an exercise of his marital rights? The trophy wife phenomenon of our upper class?

Are you saying that gays should just shut up, now that it's sort of illegal to beat them to death?

And, of course, in all your porno-worthy descriptions of the horrors straight soldiers MAY have to face at the hands of imaginary gay sexual predators, you overlook the fact that the armed forces already have a significant rape problem on their hands. 1 in 3 women serving in the armed forces (who, incidentally, are still NOT allowed in combat situations) have been sexually assaulted — by their brothers in arms.

The repeal of Don't Ask, Don't Tell is the repeal of a hypocritical policy, one that encouraged lies instead of truth. Your comments in the face of this repeal have only strengthened the rationale to lift the veil of ignorance and prejudice.

Thank you, Mr. Judd, for illustrating so brilliantly that the problem lies, in fact, not with those who want to serve openly and without fear, but with those who don't want to let them.

Kimberley Ruane

Money Talk: Looking down the road

By Robert Mallicoat, Esq.

When we last talked, it was about economics and the inescapable fact that economic factors which surround us constantly and determine how we react and how we live. Those who fail to recognize or choose to ignore economic forces are destined to awaken one day in puzzlement and asking "What happened?"

It's a time for careful thought about what lies ahead for each of us. We need a clear look down the road, an understanding of how these forces are currently impacting the lives of our family members and what our plans for our future should encompass. Probably the most cogent commitment at our disposal is to take every opportunity to learn more about economics and judge what we learn with a strong dose of common sense.

Books written, newspapers, conversations and the like all hold out the promise of some level of greater understanding of these ever present forces and how they work. To sit by complacently and pursue our pleasures while failing to seek understanding is a little like sitting in your parked car on the tracks as the train comes thundering down upon you.

Let's consider a few of the factors which inexorably will shape our lives and hopefully allow us to direct our attentions towards actions we might pursue to minimize the horrendous impact destined to visit us one day and, maybe, soon.

We're all aware of the burst bubble in the housing market financing. Foreclosures continue at an accelerated pace. We've been inundated almost daily over the past couple of years with news of unemployment and that it's not going away. There's a ripple effect. If I don't have a dependable income, I can't buy the many things I want or the things my family needs. Governments with no money and running deficits can't continue to indefinitely fund unemployment benefits to bridge the gap for those whose jobs are no more.

Pensions and wonderfully generous retirement benefits of federal, state, county and city employees need to be funded. They are not. People without jobs don't pay the taxes they did when all was well on the high road we all came to know and enjoy. Consider the tragic impact upon retirees when the government they served faithfully for so many years has no more funds to support these retirement benefits.

Periodically we read that social security, medicare and medicaid are headed toward bankruptcy in a few short years.

Probably one of the most devastating realities of our age is the won-

drous world of the credit card. We don't need money in our pockets if we have plastic to hand the shop owner. We'll pay for the things we desire now some time later. Then there's a corollary to this honored practice indulged in by our legislators at all government levels. We'll pass a bond issue so we can build the ever so necessary bridge today and pay for it over many future years. Think about it. Isn't it a lot like a credit card on a much grander scale?

Oh yes, we or the bond promoters tell us this bond will be paid by the future generations who will be using the bridge. And we've been instantly forgiven of the responsibility to pay for the things we want, and really can't afford. There is an exception to this scenario. Our federal system either prints currency at a constant rate that keeps the presses running full time, or it plays games we don't fully understand with the Federal Reserve, an independent and highly secretive organization.

It's something like an Alice in Wonderland Utopia whereby our insolvent federal treasury sells "assets" of questionable value to the Fed and receives back U.S. currency printed by the Fed on its busy presses. An interesting question must be who ever thought the Fed had assets to back up the currency it prints and what mysterious source provides this magic benevolence?

There are other similar factors which play a part in our financial dilemma but these will suffice to illustrate the financial plight we're in. To balance the scales against this chamber of financial horrors is the tremendous public faith in the U.S. government and in its monetary stability over more than two centuries. In short, many of us feel a collapse could never happen here. Add to this a free market society dedicated to entrepreneurialism and the greatest economic engine man has ever created. These two factors have seen us through a number of near tragic economic experiences.

Enter now, common sense. Never have we faced these serious financial experiences with a worthless fist full of currency in one hand and a credit card mentality in the other. A number of us question the capability of the American public to cope with all that a national financial collapse portends.

To allow ourselves the luxury of thinking even for a moment that the way of life to which we've become accustomed for a nation as great as ours can live on indefinitely is sheer folly. Even so, there are many of us who are convinced that at this stage the American public is in no way willing to voluntarily adjust to the hardships which must be endured before this many tentacled monster can be sub-

dued. Failing to prepare for the possibility of this scenario could mean tragic consequences reaching near and far.

No one really wants to think about the people's reactions in the event of an American financial collapse. Even so, some among us have already begun to learn and thereby more fully understand the economic road signs ahead and make adjustments to help them meet the tremendous challenges our formidable test of economic principles has already thrust upon our great and free people of the United States of America.

Mr. Mallicoat has practiced law for more than 50 years, with specialties in estate planning and business.

True Tree Story

from page 6

78, Firefighter Corbett and his expertise.

Having performed a breast cancer awareness play for more than 20 years and doing it recently outside on my property, I see an analogy. My trees had to undergo "surgery" with trimming, and were "radiated" or burned with scorching and finally a bit of "chemotherapy" or cleansing with foam and water. The "cancer" was the parasite mistletoe and ivy that was growing on the trees.

I invite anyone who wants a fun evening to come over to the Palmdale Moose Lodge on Saturday February 12 for dinner and the Nuns for Fun show. All proceeds from the concert go to the City of Hope for Breast Cancer Awareness. A delicious dinner is at 5:30 pm and show at 7 pm. Donation is \$20. Tickets available at the Lodge, 30th Street East & Avenue Q, Palmdale or call 661.947-6207.

Don't miss the debut of my solo: "Country Nun" and see your Lakes Honorary Mayor as Sister Mary Sunflower! Fun Nuns and a Great Band too! Even Elvis will be performing!!!! Also that day, Saturday February 12, is The Painted Turtle Annual Volunteer Day from 10 am to 2pm.

Remember we have the Leona Divide Race coming up Saturday April 30. This year there will be a 30 km, 50 km and the 50-mile run. For more information and to sign up go to: www.leonadivide.com. There will be two training runs locally: Sundays February 27 and March 13 at 7 am. Come, get out in nature and run the trails in our beautiful mountains. Happy trails! Your Honorary Mayor of the Lakes, Allaire

P.S. With hundreds of trees and wetlands, the upstairs apartment at the "Mayor's" house is for rent with all utilities included, a true sanctuary in nature: 661.609.1481

How Important is Diagnosis?

From page 13

of irritating and toxic chemical wastes, which provide a fertile field for the growth of microbes and various species of bacteria, which further increase the toxic state.

Deficiencies

The insufficiency of necessary food substances, such as carbohydrates, proteins, fats, minerals, vitamins, enzymes etc., lead to breakdown of cells, tissues and organs which is given names of diseases, according to its location.

Enervation and Toxemia

John Henry Tilden, M.D. formulated a theory of the cause of disease as due to a recurring cycle of enervation and toxemia.

Enervation is the reduction or loss of energy occasioned by the lack of rest or sleep, or the excessive use of emotion, negative thoughts, worry, stress, or the overdoing of physical actions, overeating etc.

Enervation leads to a reduction of the body's ability to digest, absorb, assimilate and excrete body wastes - thus leading to a retention of wastes in the cells and tissues and thereby causing disease.

Disease, in turn, causes a depletion of the body's energies, requiring more energy to maintain the normal state of homeostasis than ordinarily needed. This excess expenditure of power leads to a slowdown in bodily function, which is followed by an increased retention of bodily toxins.

This ingenious cycle of enervation and toxemia as being the cause of all diseases (barring accidents or trauma) may be regarded as absolutely true if you add the additional factor of deficiencies (which is omitted in Dr. Tilden's theory).

Function of the Blood and Lymph

The next important thing to be understood is this - the function of the blood and its circulation. Related to this is the understanding of the lymph circulation, the collateral circulatory system.

All food and beverages which are consumed finally enter the bloodstream and are circulated in an endless flow to all bodily parts. All the food nutrients are supplied to every cell and all cellular wastes are removed in this unceasing dual function.

Weakest Organ Breaks Down First

Now, if disease occurs in one bodily organ or part from the presence of toxins or food excesses or uneliminated cellular wastes and excretions, you may be certain that these same wastes are being carried to all bodily organs and cells by this same bloodstream.

The weakest organ breaks down first, manifesting disease. In time, the next weakest or overworked organ indicates malfunction, and is given a name of disease. The important thing to remember is that all bodily parts and cells are affected at the same time, with the weakest part manifesting first, followed by the next weakest.

Detoxification

Likewise, in the reverse manner, when you detoxicate the body by reducing the amount of food ingested, either partially (by a restricted diet or juice program), or totally (by fasting or abstaining from all food except for the use of water), the blood removes all excessive wastes from all bodily parts and cells at the same time, a certain amount each day.

Names of Diseases Create Illusion

Diseases are named according to the organ or part that they manifest in, creating the illusion that one disease is different from another. For example, if an inflammation - called "itis" - affects the bronchial tubes, the disease is called "bronchitis."

If a nerve is inflamed, it is called "neuritis" etc., yet the same cause - the irritating toxins manifesting in different parts - are given different names.

If you were to give the same putrefied food to many different people, some would vomit; some would have diarrhea; others would get headaches or fever or rashes or colds, each symptom depending upon which parts of each person were most sensitive. The point here is that the same cause would produce different and individualized symptoms in each person.

Removing Cause of Disease

The important thing to understand here is that

whenever you remove all causes of disease, beginning with what a person eats and drinks, which is usually the most important and basic cause of all diseases, the body begins to heal itself, no matter where the disease is located.

Example of Patient

When I began a study of disease for about 20 years at the age of 16, after which I practiced for an additional 40 years as a chiropractor and nutritionist, when taking a case history of all the problems a patient has ever had up to the present, I would write all this down at the first visit.

For example, a patient would say, "I have arthritis in my fingers with deformity, and I also have hardening of the arteries, high blood pressure and frequent headaches." After evaluating the lifestyle and diet, I would remove the undesirable foods from the diet and give a much higher quality diet, with proper food-combining, sequence of feeding, and amounts. In periodic visits, I would continue upgrading the quality of the diet progressively.

Arthritis Example

In the case of a 55-year-old woman who had arthritis with deformed and crooked fingers, after eight months I noticed that the fingers were straight and all knots were gone. I was puzzled and asked her, "Weren't your fingers crooked when I first saw you eight months ago?" She replied, "Yes, and I just had an examination by our family doctor, and I forgot to tell you, my colitis and hemorrhoids are also cured along with the arthritis." She had forgotten to mention these to me any of the visits.

While healing the arthritis and reversing the crooked fingers, the body equally healed all other problems present at the same time, using the same bloodstream and lymph circulation.

This was called "The Unity of All Disease" by the early Hygienic medical practitioners of the 19th Century, who formulated the basic principles of what is today called "Natural Hygiene."

Rare Diseases Heal Automatically

Dr. Herbert M. Shelton,

who gathered together the best teachings of the early practitioners of Natural Hygiene and brilliantly formulated it into a cohesive, practical system, once said that diagnosis is really the least important part of getting well.

What is really important is to know the basic principles and laws of life, to know what the body needs to get well and stay well foodwise, and to provide these needs, and magically, the body takes care of all the rest. All you have to know is what foods and amounts are best for the body, and to provide the proper conditions of rest, and the body heals itself.

Even if a person has a baffling, rare disease and the diagnosis is unknown, if he or she eats properly, or fasts if necessary in addition, the body will surely heal itself, as long as sufficient vitality is present.

Diagnosis is a man-made art which the body intelligence is not concerned with. All the body needs is the right materials (foods) and conditions (rest, proper state of mind, such as absence of fear, etc.) and it knows what to do to get well, unfailingly.

Nature's Healing Intelligence

Given that your father and mother contributed the sperm cell and ovum, or eggcell, and they united together and in 9 months produced the miracle which is you, all done by Nature without the conscious direction of your parents or yourself, you can trust absolutely that Nature has the amazing healing intelligence to make you well again. The Power that made you has the Power to heal you.

The best doctor is the one who understands this and assists Nature in this miraculous process by recommending the best foods your body needs, as well as the proper conditions of rest and non-interference, and to get out of the way - to step aside and allow Nature to proceed with her work, undisturbed by pills or potions.

Many times in my practice patients have forgotten to tell me about other health problems than the one they came in for, and with the elimination of that one, all the others

improved or disappeared too.

All Bodies Have Same Requirements

There is one bloodstream, which both nourishes the body and removes all diseases. There is one Nature, one life-force and all bodies have the same requirements - good food, proper rest and sleep, some sunlight, a moderate amount of exercise, and proper thought.

If you provide these requirements, Nature (which is God manifesting on the material plane) will unfailingly heal you. "All the rest is jazz," as the expression goes - all the rest is secondary in importance.

All living creatures know this intuitively, and it's time that we, as intelligent humans, become aware of it consciously.

Inaccuracy of Diagnosis/treatment of Symptoms

In all diagnostic systems there is never total accuracy, but a varying percentage at best. After the pronouncements and names of disease are given, what will they tell you to do to get well? They haven't the slightest idea and, according to the most authoritative medical textbooks on Symptomatology and Pathology, the majority of diseases listed are stated to have causes which are "unknown."

So all they can do is what they have been trained to do - to treat symptoms, to use drugs, surgery, radiation, chemotherapy, etc. None of these are aimed at removing causes, but rather directed at removing bodily parts and consigning them to surgical garbage pails.

Easy Reversal of Illness

Once the truth of how to live is understood, the process of illness can be reversed more or less painlessly by intelligent living, and good health can then be easily maintained by persistence in good habits.

Life Science International
Fasting Center

Research Director
Dr. Stanley S. Bass
N.D. D.C. Ph.C. Ph.D. D.O.
D.Sc. D.D.

3119 Coney Island Ave.
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(718) 648-1500
Website: drbass.com

Dr. Bass, who is 91 years old and still going strong, practices in New York. He is available for phone consultations.

Dr. Bass' website has many more articles and a link to a televised interview he recently did.



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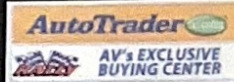
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